



# Your top ten!

## LUEMO

WORKPLACE WELLBEING

*Daily attention to our mental health is a key to helping you stay well and build resilience. It doesn't have to be complicated. In fact, daily self-care should be comfortable and naturally incorporated into your day.*

*Here are our top 10 daily habits. Do most of them most days and keep yourself healthy, focussed and happy.*

### ✔ **Use social medial intentionally:**

Why are you on social media? Let's not be mindlessly scrolling. Change the culture of social media and what you see, don't let it change you.

### ✔ **Incorporate humour:**

You may take your work seriously, but do you need to take yourself seriously all the time? Have a light hearted conversation, switch on a humorous out of office message or watch a comedy. Humour in the workplace builds stronger connections and trust.

### ✔ **Watch what goes in your body:**

Focus on eating what's good for you.

Lots of fresh fruit and vegetables, water, unprocessed foods, less sugar, less salt and less fat.

### ✔ **Sleep 8 hours:**

Less than 8 is slowly wearing your body down and not helping your mind clarity, mood and memory. If you have trouble sleeping you need to address it - don't pretend it's not a problem.

### ✔ **Move it:**

The science tells us that exercise has a therapeutic effect on our moods and the right exercise can be as effective as talking therapy. Even 30 minutes of walking makes a difference.

✔ **Drink right:**

Drink small amounts of water throughout the day – about 2 litres plus extra if you exercise. Cut out caffeine in the afternoon for better sleep so you break the cycle and don't need caffeine all the time to prop you up. Switch disturbing drinks for nutritious and calming choices.

✔ **Disconnect:**

Be conscious of bad habits and call them out. Have an alcohol free day, switch off the news, stop gambling, put away your credit card and avoid gossip and negative people. Bad habits waste your time and take you away from people and activities that you love.

✔ **Connect:**

Make sure you connect personally, face to face or at least by phone with people who are important to you. A meal with your partner, a little couch cuddle time with your children, a short phone call

with a friend or a coffee with a trusted colleague. Humans have an irreducible need for connection!

✔ **Be still:**

The busier you are the more important it is to mindfully stop. Take 10-20 minutes to find your stillness. Start with just 2 minutes breathing, listen to a short meditation session, sit in nature, dismiss all thoughts and focus only on the present moment and your 5 senses.

✔ **Do what brings you joy:**

What are your goals, values and purpose? Make sure these are incorporated into each day. If this is not happening for you and you wonder why you even get out of bed, make a change! EG: If you love your family, don't get so busy earning money for them that you forget to spend time with them.

➔ [Luemo members can check in with the full Wellbeing Scorecard challenge here.](#)

# Stress

Stress is a very normal physical, emotional, and mental response to being under pressure and has an adaptive function – it can kick us into gear to act. However, feeling too much stress or experiencing stress for long periods can have serious adverse effects. Stress affects the immune system and is linked to leading causes of death, including suicide, heart and lung diseases, and cancer. Stress is uncomfortable, often leading people to seek alleviation through alcohol, drugs, gambling, food, and shopping. Sometimes we can be so caught up that we ignore the signs.

➔ [Luemo members can check in on their stress levels here.](#)



# The Multitask Monster

Multiple research studies on task switching, memory and attention back up the conclusion that multitasking is counterproductive. Put simply, the human brain does not undertake multiple cognitive tasks at the same time. When we multitask, we are actually switching between tasks.

Talking to a friend on the phone while drinking coffee takes little cognitive effort so you can get away with that. But if you try typing a report while conversing with a colleague, or reading a contract while listening in a meeting, you miss parts of the conversation, and the chance of error is greater. Consequences of the multitasking trap range from loss



of productivity to critical errors such as workplace accidents or oversight of important financial facts.

➔ [Luemo members can read the full article on the member portal](#)



## Coming up soon...

The month of November hosts one of the workplaces' favourite and fun mental health causes - **Movember**.

There's still time to get involved & grow a 'Mo'.

Men can be notoriously bad at reaching out for help and so sadly we see men's mental and physical health statistics moving in the wrong direction.

So, why not invite a local mental health speaker to your team meeting?

*Organise some free health check ups?*

*Share some stats and start some conversations...?*

See the **Movember** website for more information and ideas about getting involved.

➔ [au.movember.com](http://au.movember.com)